


| Mon | Tue | Wed | Thu | Fri |
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| October 2010 HEALTH & FITNESS | Please Note: Cost for Yoga Class is \$10.00 per month to be paid at the front desk or on sign-up day. |  | | 1 8:30-3:15 NOD Clinic & Classes 9:15 Yoga with Dot |
| 4 8:00 Senior Fitness/Travis 8:30 Functional Fitness/Travis 9:15 Yoga with Dot 9:30 Blood Pressure Clinic/ Hargrove | 5 8:00-3:00 Foot Care (Appt. <u>ONLY</u>) <i>Exercise with Marjorie</i> 8:30-8:45 Core Strength 8:45-9:30 Senior Strength 9:30-10:25 Dancercise 10:25-10:40 Core Strength 10:40-11:30 Senior Strength | 6 8:00 Senior Fitness/Travis 8:30 Functional Fitness/Travis 9:15 Yoga with Dot 12:30-3:00 Foot Care (Appt. <u>ONLY</u>) | 7 8:30-3:15 NOD Clinic & Classes <i>Exercise with Marjorie</i> 8:30-8:45 Core Strength 8:45-9:30 Senior Strength 9:30-10:25 Dancercise 10:25-10:40 Core Strength 10:40-11:30 Senior Strength | 8 8:30-3:15 NOD Clinic & Classes 9:15 Yoga with Dot |
| 11 8:00 Senior Fitness/Travis 8:30 Functional Fitness/Travis 9:15 Yoga with Dot 9:30 Blood Pressure Clinic/ Lynch | 12 8:00-3:00 Foot Care (Appt. <u>ONLY</u>) <i>Exercise with Marjorie</i> 8:30-8:45 Core Strength 8:45-9:30 Senior Strength 9:30-10:25 Dancercise 10:25-10:40 Core Strength 10:40-11:30 Senior Strength | 13 8:00-3:00 Foot Care (Appt. <u>ONLY</u>) 8:00 Senior Fitness/Travis 8:30 Functional Fitness/Travis 9:15 Yoga with Dot | 14 8:30-3:15 NOD Clinic & Classes <i>Exercise with Marjorie</i> 8:30-8:45 Core Strength 8:45-9:30 Senior Strength 9:30-10:25 Dancercise 10:25-10:40 Core Strength 10:40-11:30 Senior Strength | 15 8:30-3:15 NOD Clinic & Classes 9:15 Yoga with Dot |
| 18 8:00 Senior Fitness/Travis 8:30 Functional Fitness/Travis 9:15 Yoga with Dot 9:30 Blood Pressure Clinic/ Wilson | 19 8:00-3:00 Foot Care (Appt. <u>ONLY</u>) <i>Exercise with Marjorie</i> 8:30-8:45 Core Strength 8:45-9:30 Senior Strength 9:30-10:25 Dancercise 10:25-10:40 Core Strength 10:40-11:30 Senior Strength | 20 8:00-3:00 Foot Care (Appt. <u>ONLY</u>) 8:00 Senior Fitness/Travis 8:30 Functional Fitness/Travis 9:15 Yoga with Dot | 21 8:30-3:15 NOD Clinic & Classes <i>Exercise with Marjorie</i> 8:30-8:45 Core Strength 8:45-9:30 Senior Strength 9:30-10:25 Dancercise 10:25-10:40 Core Strength 10:40-11:30 Senior Strength | 22 8:30-3:15 NOD Clinic & Classes 9:15 Yoga with Dot |
| 25 8:00 Senior Fitness/Travis 8:30 Functional Fitness/Travis 9:15 Yoga with Dot 9:30 Blood Pressure Clinic/ Zocco | 26 8:00-3:00 Foot Care (Appt. <u>ONLY</u>) <i>Exercise with Marjorie</i> 8:30-8:45 Core Strength 8:45-9:30 Senior Strength 9:30-10:25 Dancercise 10:25-10:40 Core Strength 10:40-11:30 Senior Strength | 27 8:00-3:00 Foot Care (Appt. <u>ONLY</u>) 8:00 Senior Fitness/Travis 8:30 Functional Fitness/Travis 9:15 Yoga with Dot | 28 8:30-3:15 NOD Clinic & Classes <i>Exercise with Marjorie</i> 8:30-8:45 Core Strength 8:45-9:30 Senior Strength 9:30-10:25 Dancercise 10:25-10:40 Core Strength 10:40-11:30 Senior Strength | 29 8:30-3:15 NOD Clinic & Classes 9:15 Yoga with Dot |